Name			
IVALLE			

Workout Log

<u>Warm-Up:</u> 5 - 10 Min. Low Intensity Aerobic Activity followed by easy static stretches for major muscles, held 5 - 10 seconds each.

Comments/Notes

Date									
CARDIO EXERCISE									
Treadmill									
Cycle									
SCIFIT Recumbent									
SCIFIT Upper Body Rotary									
PRECOR Elliptical Crosstrainer									
Precor Open Stride									
Track 16.4 x's around = 1 mile									
RESISTANCE EXERCISE									FREE WEIGHTS
Rear Delt/Pec Fly Lo	<u>ad</u>								
Seat Arms Se									
Re	<u>ps</u>								
Seated Row Lo	ad								
Seat Chest <u>Se</u>	<u>t</u>								
Re	ps								
Back Extension Lo	ad								
Seat Se	<u>t</u>								
Re	ps								
Abdominal Lo	ad								
<u>Se</u>	<u>t</u>								
Re	<u>ps</u>								
Shoulder Press Lo	ad								
Seat <u>Se</u>									
Re	l l								
<u>Chest Press</u> <u>Lo</u>									
Seat Back <u>Se</u>									
Re									
Bicep Curl Lo									
SeatSe									
Re	l l								
Tricep Extension Lo									
Seat Se									
Re	ad								
	_								
	l l								
Load = Weight	ha		1						
<u>Cool-Down</u>									
Flexibility									

Ν	a	m	e

Warm-Up: 5 - 10 Min. Low Intensity Aerobic Activity followed by



Workout Log	<u> </u>		easy stati	c stretche	s for majo	r muscles	, held 5 - 1	0 second	s each.		Comments/Notes	
Date												
RESISTANCE EXERCISE											FREE WEIGHT	<u>S</u>
Leg Press/Calf Exten. Load												
BackSet												
Reps												
Inner/Outer Thigh Load												
Inner/Outer Thigh Load Arms Set												
Reps												
<u>Leg Curl</u> <u>Load</u>												
Back <u>Set</u>												
Movement Arm Reps												
<u>Leg Extension</u> <u>Load</u>												
Back Set Movement Arm Reps												
Movement Arm Reps												
Load = Weight												
Cool-Down												
Cool-Down Flexibility												